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SAYING GOODBYE

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three days of national mourning
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THE ASSOCIATED PRESS

Woman kept from carnage due to illness

**Winnipegger
living in Paris
was supposed
to meet a friend**



**Dave
Baxter**
Metro | Winnipeg

A Winnipeg woman says it's a miracle she didn't spend Friday night in the middle of the horror of the Paris terrorist attacks.

Carrie Klym, who grew up in Southdale and lives in Paris, said she had plans that would have put her right where terrorists launched one of their attacks.

"I actually was in bed sick with the flu and am feeling blessed that I was, as the uni-

verse works in mysterious ways," said Klym.


"I was supposed to meet a friend for dinner in the 10th arrondissement where one of the attacks took place, but cancelled."

She found out about the attacks because so many people were worried about her.

"I started to receive texts, phone calls, emails on Facebook from all over the world, and then I knew to go online and Google, and I went into complete shock."

The people of Paris are in mourning and shock, but "also coming together in solidarity," said Klym. "The general feeling is sadness, but is slowly turning into Vive la France."

Klym said she's living out her dream working as a fashion designer in Paris, and won't be leaving out of fear.



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IN BRIEF

Agreement puts the brakes on proposed fare increase

A new funding arrangement between the city and the province will stop a proposed transit fare increase, and help pay for the second phase of bus rapid transit.

The agreement will halt a 2015 budget plan to raise transit fares by five cents over and above inflationary increases, as a way to fund the second stage of Winnipeg's southwest rapid transit corridor.

The new agreement will result in an additional \$1.7 million from the province going towards Winnipeg transit each year. METRO

Two shootings leave one dead, one in hospital

Winnipeg police said it was a violent weekend after two men were shot in two separate incidents on Saturday.

The first shooting happened on Stradbroke Avenue near an apartment block.

Winnipeg police said they were called to the apartment in the 400 block at about 12:30 a.m. where they found a man who had been shot in the upper body.

He was taken to hospital in critical condition where he later died.

Police have identified the victim as Paul Joseph Thorne, 36. METRO

Winnipeg man convicted of second-degree murder

A Winnipeg man has been

convicted of second-degree murder for killing a transgender sex-trade worker.

Theodore Herntier, 44, was convicted by a jury in the September 2004 death of David Boulanger, also known as Divas B, who was found dead and wrapped in plastic near a truck stop close to Portage la Prairie, Man.

The prosecution had suggested Herntier picked up Boulanger on a street corner, hit her with a wrench and then killed her in his shop.

THE CANADIAN PRESS

Province hands out fines for workplace safety violations

The province has handed out more than \$180,000 in fines for workplace safety violations since June.

Manitoba Labour and Immigration said they want to remind employers to ensure workplaces are safe and workers are adequately supervised after a number of businesses were recently prosecuted for violations.

Manitoba Labour and Immigration also handed out fines of \$25,550 to Nordevco Associates Ltd., \$20,000 to Terroco Drilling Ltd., \$6,502 to Spruce Products Ltd., \$35,000 to Hi-Tec Industries Inc, and \$5,100 to Artur Renz.

All five of these companies have seen an employee sustain serious injuries since June, as a result of workplace violations. METRO

Opposition presents alternative speech

LEGISLATURE

Pallister's ideas would mean deep spending cuts: Minister

Manitoba Opposition Leader Brian Pallister promised to cut taxes, balance the budget and reduce the size of cabinet if he wins the provincial election slated for April 19.

The Progressive Conservative leader ran down a long list of promises — some old, some new — in what he billed as an alternative throne speech. The NDP government is set to present the actual speech from the throne, which lays out priorities for the coming year, on Monday.

A Tory government would reduce the 19-member provincial cabinet by one-third, Pallister said to about 200 supporters in a legislature committee room. It would set up a task force to look for ways to reduce emergency room wait times, and cut ambulance fees by a yet-to-be determined amount.

"We have stories of people actually taking a child with a broken arm and driving him a long distance to a hospital because they didn't feel they could afford the ambulance, Pallister said.

"We can't have this go on in our province."

Pallister reiterated some long-standing Tory promises: reducing the provincial sales tax by one percentage point, raising the basic personal exemption for income



Brian Pallister and MLA Heather Stefanson react during the reading of the throne speech in 2013. THE CANADIAN PRESS

tax and having Manitoba join the New West Partnership — a regional trade deal among the other Western provinces.

He also promised new efforts to promote literacy in schools, new powers for provincial watchdogs such as the children's advocate, and more personal care home beds.

Pallister said a Tory government could afford the new spending and tax cuts, maintain front-line services and still balance the budget, ending a string of NDP deficits that started in 2010.

But asked in what year he would balance the budget, he wouldn't bite.

"The NDP government is making spending commitments each and every day. They're digging the hole deeper with promises they very likely don't even intend to keep," he told reporters after the speech.

"We have to ascertain how deep the hole is that they're digging before we make any commitments on the specific date of balancing the budget."

Health Minister Sharon Blady said Pallister cannot balance the budget and keep his promises without making deep spending cuts.

"What he's proposing is going to affect front-line services.

It's going to mean less teachers, less nurses."

The NDP have run advertisements portraying Pallister as hell-bent on cuts. Pallister has consistently promised to protect front-line public-sector jobs and instead find efficiencies in administration and other areas. He recently launched television ads emphasizing that promise.

The NDP are facing their biggest re-election challenge since taking office in 1999. Opinion polls suggest they have been trailing far behind the Tories since raising the provincial sales tax to eight per cent from seven in 2013.

THE CANADIAN PRESS

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Two friends switched at birth

GARDEN HILL

Manitoba men want probe into how it happened

Two men from a remote Manitoba First Nation received “shocking and unbelievable” news this week that they were switched at birth 40 years ago and were raised by each other’s families.

Luke Monias and Norman Barkman said they want an investigation into what caused the mix-up at a federally run hospital in Norway House in June 1975.

“I just want to know what happened 40 years ago. It’s hard,” Barkman said to the media between long pauses, his voice breaking. “I just want to know what happened.”

“I would like some answers for me and my family,” Monias said.

Provincial Aboriginal Affairs Minister Eric Robinson held a news conference in Winnipeg to explain that DNA tests



Norman Barkman, left, and Luke Monias. MEG CRANE/FOR METRO

show the men were given to the wrong families after their mothers gave birth.

The two were born on the same day to families from Garden Hill, a fly-in community 400 kilometres northeast of Winnipeg.

Growing up, they were

often told they looked more like the other boy’s family, Monias said.

“I thought it was like a joke or rumours. I didn’t take it seriously until recently.”

Last summer, needing to know once and for all who his actual parents were, Monias

contacted Robinson for help. It was agreed that DNA tests would be done. The “shocking and unbelievable” results came back earlier this week, said Robinson, who represents the area in the legislature.

He said that the mix-up has affected many people in Gar-

“I thought it was like a joke or rumours. I didn’t take it seriously until recently.”

Luke Monias, describing how he and Norman Barkman were often told they looked like each other’s family while growing up.

den Hill. Parents, siblings, children and other relatives are now learning that the person they thought was related to them is, in fact, not.

“The mental, physical and spiritual well-being of both men has been deeply affected by the loss of their proper identity,” Robinson said. “The effects on their immediate and extended families is just as serious. It’s also had a huge effect on the community itself.”

He said Barkman and Monias want the federal government to initiate an immediate investigation into the events surrounding this “grievous error, and I support them.”

“The lives of Luke, Norman and the families have been irreversibly torn apart by this error, an error that cannot be simply overturned at this

late time.”

An emailed statement from federal Health Minister Jane Philpott said she was very concerned to learn about the switch.

“I have asked my department officials to look into the matter immediately and to reach out to the families involved,” she said.

“I can assure Canadians that Health Canada will look into the concerns that have been raised by Mr. Barkman and Mr. Monias.”

Answers won’t come soon enough for at least two people: the biological father of Monias is deceased as is Barkman’s biological mother.

Monias said he and Barkman remain good friends.

“He’s like my brother. He’s still my brother, no matter what.”

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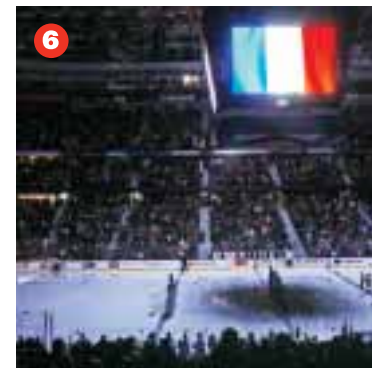
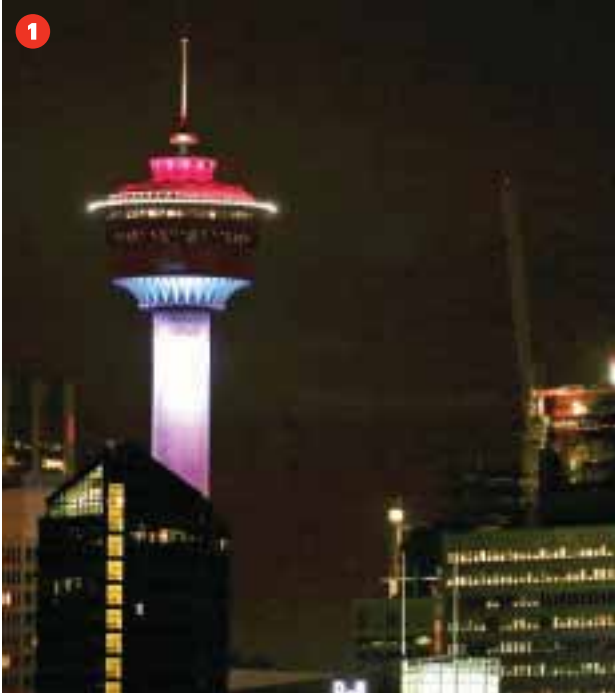
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Canadian landmarks light up in support of France

Paris | Our country's reaction in blue, white and red, as collected by Metro newsrooms



1 Calgary
The Calgary Tower turned the colours of the French flag following the attacks in Paris.
The Canadian Press

2 Edmonton
On both Saturday and Sunday evening, the High Level Bridge shone in solidarity.
Ryan Tumilty/
Metro in Edmonton

3 Toronto
The CN Tower was one of the first global landmarks to glow in blue, white and red.
Torstar News Service

4 Winnipeg:
The recently installed Grey Cup sign at The Forks in Winnipeg was illuminated over the weekend.
The Canadian Press

5 Halifax
On Saturday evening, Haligonians could see Halifax City Hall lit up in French colours.
@AlexanderQuon

6 Ottawa
On Friday, a moment of silence to honour victims featured the French flag on a video screen prior to NHL action.
Fred Chartrand/
The Canadian Press

7 Vancouver
The sails of Canada Place in Vancouver were lit blue, white and red on Saturday night.
Canada Place/Instagram

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IMMIGRATION

Keep arms open to refugees: Envoy

The French ambassador to Canada has vowed the horrific events in Paris would not affect his country's policy towards the Syrian refugee crisis.

Even though a Syrian passport was found among the remains of one of the suicide bombers that struck the French capital's soccer stadium.

The lead, which has yet to be verified, casts a shadow over efforts by both France, and now the Trudeau government, to give safe haven to some of the tens of thousands of refugees and migrants who've flooded across Europe since the spring.

"Let's not be mistaken. France has always been a land of asylum, like Canada," Nicolas Chapuis said. "The people who are seeking refuge are not the barbarians. They are fleeing the barbarians."

The refugees are victims of the cruelty of the Islamic State of Iraq and the Levant (ISIL), who are only asking to live in freedom and peace, Chapuis said.

"Certainly there will be individuals who are going to try to take opportunity to mix with the refugees in order to spread chaos, but let there be no mistake: This should not stop us from opening our arms and helping those who are seeking our help. It is part of our humanity."

The eloquent remarks could have the effect of stiffening the



Nicolas Chapuis

JUSTIN TANG/THE CANADIAN PRESS

Trudeau government, which faces renewed concern and questions about the planned resettlement of 25,000 Syrian refugees before the end of the year — one of its signature campaign initiatives.

Quebec Premier Philippe Couillard also urged Canadians to remain open to the arrival of refugees despite heightened security fears in the wake of the Paris attacks.

Public Safety Minister Ralph Goodale did the TV news show circuit on the weekend, attempting to reassure the public that the newly-elected government would take nothing for granted as it puts individuals through different layers of screening, both in refugee camps and after they arrive in Canada. THE CANADIAN PRESS

ARSON

Mosque set ablaze on purpose, police say

A fire at Peterborough, Ont.'s only mosque, Masjid Al-Salaam, was deliberately set around 11 p.m. on Saturday, police said Sunday.

They added they don't have a suspect or a motive. They couldn't say whether

the fire was connected to the recent attacks in Paris that the Islamic State of Iraq and the Levant (ISIL) is taking credit for. The Peterborough fire department has pegged damages at \$80,000, though the building's exterior is relatively unscathed. THE CANADIAN PRESS



Prime Minister Justin Trudeau takes part in a moment of silence to honour the victims of Friday's attacks in Paris, at the start of a plenary session at the G20 Summit in Antalya, Turkey, on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Trudeau low key on response to attacks

Paris

World leaders step up calls for unity against ISIL

World leaders led by U.S. President Barack Obama are stepping up their calls for a united fight against Islamic State of Iraq and the Levant (ISIL) extremists, portraying

Friday's deadly attack in Paris as an assault against all their countries.

Obama branded the terrorist incident as an "attack on the civilized world."

Canadian Prime Minister Justin Trudeau kept a low profile on the issue at the G20 Summit in Antalya, Turkey, on Sunday. He used his first foray on the world stage to talk up infrastructure investments and youth as the keys to economic success, and spoke strongly about climate change.

He only spoke about security



This cannot be just another summit.

Donald Tusk, president of the European Council

when prompted by a reporter during a Sunday morning meeting with Mexican President Enrique Peña Nieto.

"Obviously the safety and security of Canadians is a priority for me and my government. I've been speaking with

our minister of public safety, been speaking with the various police and security agencies to ensure that Canadians are kept safe," Trudeau said. "It's a topic we are engaging with here with the other leaders as well to ensure continued safety for our citizens."

Trudeau has vowed to end Canada's combat mission against ISIL in Iraq and Syria, a commitment the government has already said will not change despite the attacks.

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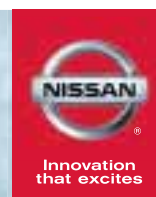
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IN BRIEF**Lebanon detains nine suspects in connection to Beirut attacks**

Lebanon has detained seven Syrians and two Lebanese suspected of involvement in planning terrorist attacks, including a twin bombing last week, and smuggling extremists into the country.

Interior Minister Nohad Machnouk announced the arrests Sunday, three days after a twin suicide attack in a southern Beirut suburb killed 43 people and wounded more than 200.

Machnouk says the attackers were planning to strike the Rasoul al-Aazm hospital, which is run by the militant Hezbollah group, but changed their minds because of tight security. He says they instead targeted a busy street near the hospital during rush hour on Thursday evening. The attack was claimed by the Islamic State of Iraq and the Levant. THE ASSOCIATED PRESS



The scene of Thursday's twin suicide bombings in Burj al-Barajneh.

THE ASSOCIATED PRESS

Kurdish forces uncover two mass graves in town formerly ruled by ISIL

Kurdish forces said Sunday they uncovered two mass graves outside Sinjar, a northern Iraqi town near the Syrian border that was ruled by the Islamic State of Iraq and the Levant (ISIL) group for more than a year before the extremists were driven out last week. The first grave uncovered was west of the town's centre near the technical institute and contained 78 elderly women's bodies, the Sinjar director of intelligence, Qasim Samir, told The Associated Press. The second grave was uncovered about 15 kilometres west of Sinjar and contained between 50 and 60 bodies of men, women and children, he said. THE ASSOCIATED PRESS



A mass grave of more than 50 Yazidis killed by ISIL.

THE ASSOCIATED PRESS



People gather at a makeshift memorial in front of the Bataclan theatre Sunday to honour those killed by Islamic State of Iraq and the Levant (ISIL) jihadists in scenes of carnage at a concert hall, restaurants and the national stadium. FRANCK FIFE/AFP/GETTY IMAGES

France mourns as officials search for clues, answers

Paris **Fugitive evaded arrest despite police check, questioning**

Hours after the synchronized attacks that terrorized Paris, French police questioned and released the suspect who is now the focus of an international manhunt, officials told The Associated Press on Sunday.

Saleh Abdeslam, 26, was one of three men in a getaway car, headed for France's border with Belgium, when police pulled

them over after daybreak Saturday. The French president had already announced new border controls to prevent the perpetrators from escaping. Hours had passed since investigators identified Abdeslam as the renter of a Volkswagen Polo that carried hostage-takers to the Paris theatre where almost three-quarters of the 129 victims were killed.

It's not clear why the local French police, known as gendarmes, didn't take Abdeslam into custody. They checked his identification, but it's not known whether they had been informed of his apparent connection to the attacks.

"It was a simple check.

There was no lookout notice at the time of the traffic stop," a French police official told the AP.

Asked whether Abdeslam's name had been shared over police networks by then, the official simply said: "I have no explanation."

It may not have been the only missed opportunity before and after France's deadliest extrem-

ist attack since World War II.

The day before the attacks, senior Iraqi intelligence officials warned France and other members of the U.S.-led coalition fighting the Islamic State that assaults by the militant group could be imminent, according to a dispatch obtained by the AP. Abu Bakr al-Baghdadi, the group's leader, had ordered supporters to use guns and bombs

and take hostages in the days ahead in coalition countries as well as Iran and Russia, Thursday's dispatch said.

The dispatch did not say where or when the attacks might take place, and a senior French security official told the AP that French intelligence gets this kind of communication "all the time" and "every day."

But Iraqi intelligence officials told the AP that they also shared specific details with French authorities before the attack — including the size of a sleeper cell of militants they said was directing attackers sent back to France from Islamic State's de-facto capital in Raqqa, Syria.

THE ASSOCIATED PRESS



It was a simple check. There was no lookout notice at the time of the traffic stop.

French police official on the check that was conducted on Saleh Abdeslam and three men in a gateway car.

CASUALTIES

Identities, details of more victims emerge in Paris

A Chilean mother and her daughter, cut down in a concert hall while the daughter's five-year-old son survived. A young Italian woman, separated from her boyfriend and friends when the concert erupted in chaos. They were among the latest victims named as officials on Sunday continued

the heavy task of identifying the 129 people killed in Friday night's co-ordinated terrorist attacks in Paris. Among the confirmed dead:

— **Nick Alexander**, 36, of Colchester, England, who was working at the Bataclan concert hall selling merchandise for the performing band,

Eagles of Death Metal.

— **Thomas Ayad**, 32, producer manager for Mercury Music Group and a music buff who was killed at the Bataclan.

— **Asta Diakite**, cousin of French midfielder Lassana Diarra, who played against Germany in Friday's soccer match at Stade de France, dur-

ing which three suicide bombers blew themselves up outside the stadium Friday night.

— **Patricia San Martin Nunez**, 61, a Chilean exile, and her daughter, **Elsa Veronique Delplace San Martin**, 35. They were attending the concert at the Bataclan with Elsa's five-year-old son, who

Chilean officials say survived.

— **Valeria Solesin**, 28, an Italian-born doctoral student at the Sorbonne. She had lived in Paris for several years and had gone to the concert at the Bataclan with her boyfriend. They lost track of each other as they tried to escape.

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Paris attacks signal global move by ISIL

Paris Group may be using recent bombings to attract recruits

As the deadly attacks in Paris made horrifically clear, the Islamic State of Iraq and the Levant (ISIL) group is determined to establish itself as the dominant jihadist movement capable of operating far beyond the limits of its self-declared "caliphate."

Doing so achieves numerous aims for the group, not least of which could be winning it clout to attract even more recruits. Others may include sharpening divisions between Muslims and non-Muslims in Europe — and forcing the West into a difficult choice of either backing off or being drawn into what ISIL would see as a holy war in Syria and Iraq.

Happening so soon after ISIL claimed the downing of the Russian plane in Egypt and deadly suicide bombings in Lebanon and Turkey, the Paris attacks appear to signal a fundamental shift in strategy toward a more global approach that experts suggest is likely to intensify.

"The message is that this is an open war, not restricted to the conflict zone in Iraq and Syria," said Bilal Saab, a resident senior fellow for Middle East Security at Brent Scowcroft Center on International Security.

Until now, the militant Sunni group had mostly focused on its internal rivals — Bashar Assad's regime and rival Muslim Shiites, which the group considers to be heretics.

ISIL claimed that Friday night's



A woman lights a candle at a makeshift memorial in tribute to the victims of Paris' attacks on Nov. 15 at the Place de la Republique in Paris, France. JOEL SAGET/AFP/GETTY IMAGES

attacks, during which scores of innocent victims were methodically gunned down in the heart of Paris, was a response to France's role in U.S.-led airstrikes against ISIL in both Iraq and Syria.

The group has also said it was responsible for bringing down a Russian jetliner over Egypt's

memorial service in Baghdad, killing 21 people.

ISIL activity outside its "caliphate" hub in Sunni areas of Syria and Iraq is in itself not new as a concept. The group's affiliates have carried out attacks across the Middle East and north Africa and there have been attacks

ISIL chose this particular moment to go global.

Hassan Hassan, an associate fellow at Chatham House in London and co-author of *ISIS: Inside the Army of Terror*, said ISIL has a twin strategy of state-building within its self-declared caliphate and establishing itself as a "global leader of jihad" in place of al-Qaida. "They wanted to show they are the new al-Qaida ... that this is going to be the new organization that everyone has to be part of. The old organization is dying."

Hassan noted that until recently, many observers did not take ISIL seriously as a global threat. But their own statements make clear that their ambitions extend beyond the current limits of their "caliphate."

The group has urged supporters around the world to carry out attacks in the West.

THE ASSOCIATED PRESS

BALKAN CORRIDOR

Passport highlights lax security measures

The focus on a Syrian passport found near the Paris attacks highlights an uncomfortable reality: European authorities are completing few checks on the hundreds of thousands of people moving across their territory fleeing war and poverty.

The passport found near the body of a suicide bomber was registered in October in Greece, Serbia and Croatia, three of the countries on the corridor that crosses the Balkans and is known for lax controls and ease in obtaining transit documents. The owner was allowed to proceed because he passed what is essentially the only test in place — he had no international arrest warrant against him, police in the states said Sunday. It was not clear whether the passport was real or fake, or whether it belonged to the suicide bomber. But trafficking in fake Syrian passports has increased as hundreds of thousands of people try to get refugee status, the chief of the European Union border agency Frontex has said.

Most of those who enter countries on the so-called Balkan corridor for migrants — Greece, Macedonia, Serbia and Croatia — are registered with authorities. Their data are checked against Interpol records, and their fingerprints and photos are taken. But,

+ BACKGROUND

There are no recorded cases of people being turned away after random checks anywhere in the Balkan migrant corridor. That may be because the corridor states want migrants to pass through quickly, without getting stuck in their territory for a long time before reaching rich EU states such as Germany, Sweden or France.

many people tell officials that they've lost their identity papers, and they can give false names and other information, including their country of origin. A large majority of migrants declare themselves as Syrians from the war-torn country, although they have no documents to prove it, Serbian police say. Syrian refugees have a better chance of getting asylum in Germany than those classified as economic migrants from Afghanistan, Iraq or Pakistan. In Serbia, some 490,000 migrants have passed through this year, and many say they don't have documents — making it impossible to check for terrorist connections or criminal histories to verify their backgrounds, Serbian officials said Sunday.

THE ASSOCIATED PRESS



Migrants enter to register with the police in a refugee centre in the southern Serbian town of Presevo last month.

THE ASSOCIATED PRESS FILE PHOTO



They always speak about Iraq and Syria as the beginning of something, but with an eye on the West and conquering Rome.

Hassan Hassan

Sinai region earlier this month, describing it as retaliation for Russian airstrikes in Syria.

On Thursday, twin powerful suicide bombings tore through a crowded Shiite neighbourhood of Beirut, killing more than 40 people. That same day, a suicide bomber tore through a Shiite

beyond the region that were blamed on ISIL loyalists. But such high-profile successive cases of mass murder abroad — and now in the heart of Europe — do suggest the nature and scale of the attacks is changing.

As the group is secretive and elusive, it remains unclear why

"No hard feelings, but I deserve better."



Police detain protesters

G20

Dozens held near Antalya during summit

Police in the Turkish Mediterranean city of Antalya detained dozens of people Sunday during a series of protests denouncing a G20 summit that is underway in a nearby seaside resort, although the demonstrations were mostly peaceful.

Security is tight during the two-day meeting, expected to be dominated by discussions about how the G20 nations will respond to the deadly Paris attacks that have been claimed by the Islamic State of Iraq and the Levant (ISIL) group. Demonstrators were being kept away from the venue at a secluded seaside resort some 40 kilometres from Antalya city.

A group of some 500 youths belonging to a Turkish nationalist association gathered in the city, holding up cardboard effigies of U.S. President Barack Obama

and denouncing U.S. interventions in the Middle East. Police allowed the group to march briefly only after they agreed to leave the effigies behind.

Hundreds of members of Turkish left-wing groups and trade unions later held another protest denouncing the organization which gathers the world's wealthiest economies.

They marched in central Antalya carrying a banner that read in Turkish and in English: "Killer, colonialist, imperialist war organization G20 get out!"

Police detained dozens of demonstrators after one of the demonstrators threw fireworks at police while the crowd was dispersing.

Earlier, police detained four protesters who wanted to walk to the venue of the G20 summit to deliver a letter to participants.

Police also detained a group of about 20 protesters who refused to undergo a security check, the state-run Anadolu Agency reported.

THE ASSOCIATED PRESS



Officers take a leftist demonstrator into custody during an anti-G20 protest in Antalya, Turkey, on Sunday. THE ASSOCIATED PRESS

IN BRIEF

Bahraini court gives life sentences to 12 Shiites

A defence lawyer in the Gulf Arab country of Bahrain says a court has ordered 12 Shiites to life in prison and stripped them of their citizenship on charges of forming a terrorist group and targeting police with explosive devices.

Lawyer Isa Ebrahim told The Associated Press the higher criminal court issued its verdict Sunday for incidents that took place in 2013 and 2014.

THE ASSOCIATED PRESS

Cyclone killed 18 in Yemen

Yemeni officials say a rare cyclone that hit the country's remote island of Socatra early this month has killed 18 people.

The Sunday numbers are the most comprehensive tally to date for Cyclone Chapala, which hit the island on Nov. 1 and made landfall days later. Col. Abdullah Juman, head of the Yemeni response operations room, also said the cyclone had damaged roads, ports and electricity lines which authorities were preparing to repair.

He says many people are still missing on the island and that thousands of homes were destroyed.

THE ASSOCIATED PRESS

Suspected drug traffickers sent by Mexico to U.S.

Mexico says it has extradited two drug trafficking suspects to the United States.

The Attorney General's Office identifies them as Cesar Gastelum Serrano and Pedro Alejandro Rubio Perez.

Gastelum Serrano is "one of the most prolific cocaine suppliers for Mexico's Sinaloa Cartel" according to the U.S. Treasury Board.

THE ASSOCIATED PRESS

ROMANIA

New cabinet spotlights country's youth, women

Romania's prime minister-designate on Sunday named his cabinet of mostly young professionals with management experience, after the former government collapsed following mass protests over a nightclub fire where at least 55 died.

Dacian Ciolos named his ministers, all of whom will need to be approved by Parliament later this week. Seven of the 22 posts are to be held by women.

The nomination of Ciolos, who named a government of

technocrats, is a direct criticism of Romania's politicians who are perceived as being corrupt, arrogant and removed from the problems of ordinary people. Parliamentary elections are scheduled for late 2016. Parties indicated Sunday they will approve the government.

Former Prime Minister Victor Ponta, who was already on trial for corruption charges related to his work as a lawyer from 2007 to 2008, and his cabinet resigned on Nov. 4 after tens of thousands protested over the



I want an efficient and professional team.

Dacian Ciolos,
Romania's prime minister-designate

nightclub fire. Protesters say the tragedy happened because of lax fire regulations and corruption. Thousands continued to protest for several evenings, demanding better governance and an end to corruption.

Romania's ambassador to Britain, Mihnea Motoc, was

named defence minister, while Cristina Guseth, director of the Freedom House Foundation, was picked as justice minister.

"I want an efficient and professional team," said Ciolos, a former EU agriculture commissioner.

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Dacian Ciolos

THE ASSOCIATED PRESS FILE



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ROSEMARY WESTWOOD

metroview

Resist the temptation of simple explanations for violence in Paris

It's OK that you're alive. It's OK that you had brunch on Saturday, or had wine with friends last night, or made a Christmas shopping list.

It's also OK not to have a simple response to Friday's horrific attack in Paris. It was gruesome, unimaginable, even to Parisians "staggering and groggy, still trying to believe what happened," said Canadian writer and Paris resident Nancy Huston. It felt a tiny bit inevitable, for the terrorism that routinely slaughters Muslims to again hit Westerners.

There are already plenty of pat answers swirling, the same that have arisen after similar attacks. They feel predictable, even scripted. They risk oversimplification, when the questions are far too important.

Take those calling for Canada to increase our bombing campaign in Syria, not end it, as the Liberals have promised. A militaristic response feeds revenge, but doesn't have the best track record in the Middle East. If the Liberals truly believe long-term solutions are found elsewhere, we have been shown again how much we need them.

Consider, too, the calls to slow our intake of Syrian refugees, lest some be terrorists — a wholly unnecessary move, say some immigration experts, that ignores the screenings already planned.

Take Francois Hollande's claim that somehow only now, with the spilling of Parisian

blood, has the war begun, while ISIL called the attack a retaliation against France for dropping bombs in Syria, where the war has been raging for five years. (France launched significant airstrikes at ISIL targets over the weekend.)

Beware also the need to underline the way Muslim groups are dutifully condemning the attack — despite the fact that ISIL is a vicious offshoot of Islam, and in no way synonymous with a religion of 1.6 billion people. Too much emphasis on such remarks reeks of Islamophobia.

Painting your Facebook profile photo red, white and blue may seem an obvious move. But some will note that more routine terrorist attacks outside the West don't get the same social media play, and others will argue that the root causes of violent extremism in the Middle East were not birthed in isolation.

On Sunday morning, CBC host Michael Enright asked Nancy Houston if, in the spirit of slogans coined after 9/11 and the Charlie Hebdo attack, we are all Parisians?

"I don't know who your 'we' is, Michael, I'm afraid," she responded. Her point: there is no global "we." That doesn't mean we — Canadians — shouldn't attend memorials, or condemn the violence, or push for public debate about what to do after this last wave of terrorism. I only mean to say we should tread carefully.

the big question

Why do we pay more attention to Paris than Beirut?

"It's not Paris we should pray for. It is the world ... in which Beirut, reeling from bombings, is not covered in the press," says a meme responding to the viral hashtag #PrayForParis and Facebook profile pictures featuring the French flag. It's true the global reaction to suicide bombings that killed dozens in Lebanon's capital on Thursday was slower and less severe, says Simon Fraser University communication-studies professor Richard Smith: "There is a Western (European and North American) bias in Western media." But that's not the only explanation. Thousands of Canadians visit Paris every year, and the attacks felt like they could have happened here, Smith adds. Bombings are sadly common in the Middle East, but unusual in Europe. Finally, the fallout from the French attacks, like military action against ISIL, could affect Canadians directly. Still, social media may be getting us concerned about issues we *don't* directly relate to, like violence in Lebanon and the Syrian refugee crisis — and that's a good thing, Smith says. Beirut's tragedy may have even attracted more eyeballs because it coincided with the one in Paris. If not for the outrage at the media ("People are really sad and upset, and if they can project that on something else ... they will," Smith says), many people would not have known or cared about Beirut at all.

'Tis the season for nasty campaign attack ads

INSIDE THE PERIMETER

Shannon VanRaes



Nothing says Merry Christmas or Happy Hanukkah quite like the disembodied head of a scowling politician floating across your screen as ominous music pounds louder than your regular programming.

Welcome to election season.

While some Manitobans are complaining about lingering Halloween decorations and Christmas displays before Remembrance Day, one obtrusive reality is about to eclipse them all: attack ads.

Manitoba's general election is five months away, and already it promises none of the restraint we saw during the recent federal election. While those seeking a term in Ottawa strove to at least imply a positive vision — terrible and ineffective jabs aside — the

Manitoba campaign seems to promise no such decorum.

There have been skirmishes over the last year or so. The Progressive Conservatives released a series of ads that attempt to show a softer, more relatable Brian Pallister. He's a teacher, he's a farmer, he's a Manitoban just like you! Soft light? Check. Gentle piano music? Yup.

The Manitoba NDP responded last winter by reaching back nearly two decades to create what has been called the "running with scissors" ad. Making use of threadbare statistics on nurse and teacher layoffs, they once again painted the opposition leader as a dangerous slasher, with his murderous crazy-eyes fixed firmly upon the public sector.

But now things are starting to get interesting.

While some political strategists are left foraging for political fodder, both the NDP and Conservatives have ensured

the other's team won't starve.

One year ago, five NDP cabinet ministers revolted, and their words are pure gold for Pallister's team. Why slam Greg Selinger when you can just replay his senior cabinet ministers doing it? And that's just what the Conservatives are doing in a new ad.

Slightly grainy footage of Jennifer Howard and Andrew Swan — both who are running for the NDP in 2016 — calling Premier Greg Selinger a power-hungry despot who cares not for good government, will no doubt continue to be the backbone of PC attack ads.

That kind of ammunition would be hard to counter if not for the rhetorical genius of Pallister, whose ads should begin with, "I was born on a small farm, with both feet in my mouth ..."

In 2013, he was wishing "infidel atheists" a Merry Christmas. This year he hates Halloween.

In fairness, Pallister has always hated Halloween, but he voiced his thoughts last year. Why did it surface in a snappy YouTube video this fall?

Because clearly the NDP and its supporters are committed to digging up dirt and flinging mud. Why pay for airtime when social media can provide the coverage — even bringing mainstream media on-board?

This isn't the end, this is only the beginning. Right now, there are people reading through years of transcripts and news clippings, just hoping for a gem.

So batten down the hatches, and if you haven't done so already, sign up for Netflix.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

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Six steps to building a financial plan

If you're like most people, you probably know you should have a financial plan, even if you haven't actually developed one yet.

Don't worry, says Lee Bennett, Senior Vice President, TD Wealth Financial Planning, it's never too late – or too early — to start. “A financial plan isn't just to help you save for retirement,” says Bennett. “Whether it's paying off a student loan, buying a car or a home, starting a family, or even travelling, everyone, at every stage of life, has goals that a financial plan can help them achieve.”

Bennett offers the following tips on how to help you get from where you are today to where you want to be in the future:

1. Think about your goals and objectives

Knowing where you want to go is the foundation of a sound financial plan and will help you decide which route to take.

2. Gather the data

A financial planner can help you assess where you are now and what financial resources you already have.

3. Do the analysis

This step will help you identify the right solutions for your particular journey. A financial planner can assist you in reviewing your specific situation and help you choose from the many options that are available.

4. Develop a strategy

This is your action plan of what you need to do to achieve your financial goals. Working with a financial planner can help ensure that your plan is realistic and achievable.

5. Put it into practice

A financial plan is only helpful if you put its recommendations into action.

6. Follow up and review

Just as your life changes over time — a new job, a family, a home — your financial goals can change, too, so it's important to meet with your financial planner and regularly review your plan to make sure it stays relevant to your particular needs.

Knowing how to start can sometimes be the biggest challenge. A financial planner is a great source of knowledge and can help you get on track to achieving your goals of today and tomorrow.

Savvy Saver Quiz:

Are my finances on track?

Whether you're a recent graduate, mid-career, or getting ready for retirement, every life stage requires financial planning. Not sure where to start? **Check out TD's Savvy Saver quiz** to help figure out where you are and where you need to be. Here are a few questions to get you started ...

Expenses & finances

What does your emergency fund look like?

- a. Emergency what?
- b. I'm just getting started but have some money set aside.
- c. In decent shape – I've got three months' salary stashed away
- d. I've got more than enough to pay my bills, save for the future and still manage to have some fun.

Leisure

What does your entertainment spending look like?

- a. I'm living paycheck-to-paycheck because of my entertainment spending.
- b. I sometimes go overboard with my entertainment spending.
- c. A portion of my budget is set aside for fun – dinners out, the occasional movie or show.
- d. I have enough money to do what I want, when I want and my wallet never loses any sleep over it.

Long-term investments

What types of investments do you currently have?

- a. Investments?
- b. I recently opened a Tax-Free Savings Account (TFSA)/ an RSP and I'm thinking about getting other investments, too.
- c. I make regular contributions to my TFSA and RSP and/or hold shares/other investments.
- d. I have a solid, diverse portfolio to which I make healthy contributions every month.

Interested in getting more of a pulse check on your progress?
Take the full quiz at metronews.ca/tdsavvysaver.





ILLUSTRATION: DAVID VAN DYKE/METRO; BELOW IMAGE: HANDOUT



The Games will go on

Mockingjay Part 2 opens this week — now that the franchise has reached its final act, Hunger Games fans will be searching for ways to get their Panem fix. Director Francis Lawrence has said he isn't opposed to spinoffs, and tributes will surely find creative ways to keep immersed in Katniss's world. We imagine five ways the Games will go on.

TRIBUTES

The Bar

A Harry Potter-themed bar called The Lockhart recently opened in Toronto, featuring "potions & elixirs" that allude to characters and a decor that pulls from inscriptions in the book.

In our ideal Hunger Games-themed bar, the references would be much more overt. It would, of course, be called Tributes. Local city bylaws prevent weaponry from being in such close proximity to alcohol, so instead of a crossbow range on the patio we would settle on a dartboard where the bull's-eye would be President Snow's face.

The house drink — "Haymitch's pick" — is the Tracker Jacker, where the key poison is fennel-infused absinthium wormwood. Everything on this menu, called Grill on Fire, is flambé: squirrel, venison, turkey. Each order comes with a complimentary basket of bread from Mellark's, the bakery down the street, made by the baker's hot, ashy-blond-haired son. MELITA KUBURAS/METRO

PANEMONIUM

The Band

Consider The Flux Capacitors, a SoCal ensemble that bills itself as "the only official Back to the Future-themed '80s band." The group performs '80s hits decked out as Marty, Doc, Biff and the like, and even brings a DeLorean replica to shows.

So what would a Hunger Games tribute band be named? Panemonium is an obvious choice if we're going in a punk direction, but we also like The Jabberjays for a hip-hop crew, or Peeta Burnt the Bread for the shoe-gazing crowd. Katniss as the frontwoman is a given. We also see Johanna shredding it on her axe/guitar and Finnick wielding a trident-shaped bass.

There's no shortage of songs about stickin' it to the man to choose from: Fight the Power, Killing in the Name (natch), The Times They Are A-Changin'. Any encore would have to include a haunting rendition of The Hanging Tree, followed by the anti-establishment anthem Tubthumping.

Those Panem rebels, they get knocked down, but they get up again.

EVA LAM/METRO



BUTTERCUP CAFÉ

The Theme Park

As if following the adventures of Katniss Everdeen didn't come with enough ups and downs, fans will soon be able to take a real-life roller-coaster ride inspired by her train trip to the Capitol, and a simulated hovercraft tour of the Panem nation. Hunger Games theme park projects are planned in Dubai, China and the U.S. A recreation of District 12 complete with costumed characters is in the works for the complex in Dubai, but here's what Metro would add to the mix:

- A midway-style Whac-a-Mutt game.
- A cat café in honour of Buttercup, the cat Katniss loves to hate.
- Katniss vs. Everybody tees.
- Effie Trinket's fabulous fake eyelashes as souvenirs.

HENRIETTA WALMARK/METRO

CRESSIDA AND POLLUX

The Storyline

With the vague possibility that the series could be extended, Metro proposes three options (spoiler alert for discussion of plot points in Mockingjay Part 2):

Prequel: A President Snow origin story

There's so much we don't know about the origins of the man who rules Panem. How did Coriolanus Snow become its ruthless leader? What motivates his cruelty? What's with the poison and why white roses to mask his bloody breath?

Sequel: The rebuilding of Panem

A new president is in place following an emergency election. How will he or she direct the nation and districts? A political drama full of backstabbing and skullduggery a la House of Cards could be a nice change from the constant battle scenes of the first four films.

TV Series — Behind the scenes with Cressida and Pollux

The rebellion's resident filmmakers have moved on from war coverage to documenting the rebuilding efforts of Panem. They travel from district to district collecting and sharing the stories of the people of Panem.

LIZ BROWN/METRO

STANDARD ISSUE WEAR

The Style

In 2013, luxury e-retailer Net-A-Porter teamed up with Trish Summerville, costume designer for Hunger Games Catching Fire, on a capsule collection based on the film. The Capitol Couture line featured adaptations of designs that appeared in the movie including a laser-cut leather dress for \$995 US inspired by Katniss Everdeen's chariot outfit. But aspiring to dress like the ruling class is rather crass. If you're with the revolution, your clothing should transcend rank.

Metro proposes a District 13 diffusion line of unisex standard issue wear that doesn't oppress its maker or its wearer. Locally made using sustainable fabrics and production methods, these classic designs would be the base of any egalitarian's wardrobe. Wearing a daily uniform doesn't have to be stifling, as many creatives and innovators have discovered (see: Sofia Coppola, Karl Lagerfeld, Steve Jobs). It frees up mental energy for other pursuits.

NICHOLE JANKOWSKI/METRO



TIMELINE THE HUNGER GAMES ENTERS POP CULTURE

April 2012

"Based on the obscure novel you've probably never heard of," The Hunger Games parody the Hipster Games is released on YouTube. In the short video, participants compete by fighting over rare vinyl and cans of PBR.

March 30, 2012

Original release date for The Hunger Games in Vietnam, but it was deemed too violent by the Vietnamese National Film Board, which ultimately banned the film.

March 23, 2012

The Hunger Games, the first movie in the series, is released. It sets records for biggest opening day and the biggest opening weekend (for a non-sequel film, not released during the summer or holidays).

Nov. 27, 2013

NPR reports that the shooting range at Archery in the Wild in northern Colorado, once the playground of hunters and men in camouflage, is now dominated by girls. CEO of USA Archery tells the news organization that membership in their group has more than doubled since the movies came out.

Feb. 2, 2014

Philip Seymour Hoffman, the actor who portrays Plutarch Heavensbee, is found dead after a heroin overdose. At the time of his death, he had completed The Hunger Games: Mockingjay — Part 1, and had a week left of shooting for Part 2.

July 31, 2015

After years of thinkpieces exploring whether the popular series is an indictment of the left, the right, reality TV or the 1 per cent, a celebration of the individual, the collective or feminism, The Politics of the Hunger Games by author Jamey Heit is released. The debate, however, rages on.

EMINA GAMULIN/METRO

Feb. 28, 2012

Before the movie is even officially released, Tumblr blog Hunger Games Tweets is created to draw attention to racist tweets by people complaining about characters like Rue and Thresh being portrayed by black actors. This despite the fact that series creator Suzanne Collins specifically described the characters of having dark skin.

ART APES LIFE

How Jennifer Lawrence is Katniss Everdeen

She came from humble beginnings, the spotlight thrust upon her despite her obvious discomfort, and she went on to inspire a nation. Are we talking about Katniss Everdeen, Jennifer Lawrence's Hunger Games character, or Lawrence herself? How about both?

The parallels are eerie if you look closely enough. Lawrence first came to the public's attention in the critically acclaimed Sundance darling Winter's Bone, which saw her scrounging around Appalachia, hunting and skinning squirrels and risking life and limb to provide for her younger siblings. It was basically the first act of the first Hunger Games movie, minus all the totalitarianism.

We thrilled with each new, elaborate red carpet gown; marvelled at every acting triumph. We agonized over each death-defying pratfall before the cameras — until we realized her natural clumsiness was her greatest weapon. This girl really was on fire.

She even found herself in a real, honest-to-Panem love triangle, her heart torn between lanky, British X-Men: First Class co-

star Nicholas Hoult (shown left) and her first true love —

working in awesome movies. Try as she might to make it work with Hoult, her thoughts were clearly elsewhere. If there wasn't an X-Men movie actually in active production, she couldn't make things work with Hoult. They'll always have Mont-real, though.

As her work brought her more and more into contact with the Capitol — or, you know, Hollywood — she courted more danger, more scrutiny, more creepy older men — like Chris Martin (shown right) — pawing at her. But through it all she kept her chin up, secure in her folksy dignity.

Now that the Hunger Games series is done, Katniss is free to pursue a happy, quiet life away from the spotlight. But when will Lawrence be able to do the same? Hasn't she suffered enough, David O. Russell?

NED EHRBAR/METRO HOLLYWOOD

Gale vs. Peeta

It's the ultimate debate for Hunger Games fans. Who should Katniss choose?

LIZ BROWN/METRO

Gale Hawthorne

Pros:

- Gale and Katniss have plenty in common: hunting, the great outdoors, and knowing what it's like to almost starve to death.
- If Panem were a bit more peaceful he'd be the football star, the prom king. He's the hot guy you want to show off to your friends.
- He's solid and stoic — he hunts for his family and comforts Prim as Katniss takes her place in the reaping.

Cons:

- He's a 'the-ends-justify-the-means' kind of guy, which isn't the best thing if you're prone to empathy.
- Much like Katniss, he's full of anger and vengeance — and two fire-crackers is nothing but trouble in a relationship.

Peeta Mellark

Pros:

- He's the baker's son — plenty of carbs any time you like — as Katniss learns, that's a good thing when you're almost starving to death.
- He's kind and generous, risking his life to protect the people he loves.
- He's an artist and in times of peace his esthetic would come in handy for decorating a nice home in District 12.

Cons:

- Short and non-athletic — he's dead weight when it comes to hunting and death battles.
- The brainwashing and attempts to kill Katniss are romance killers.

CONCLUSION

Neither guy is worthy of a woman like Katniss. She should strike out on her own.





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JOHANNA SCHNELLER WHAT I'M WATCHING

Why did everybody stop watching True Detective?



Although the show is in love with its moodiness, the action ramps up in episode four of True Detective's second season. HANDOUT

TV DRAMA

If you stick with it, the series' second season pays off

TRUE DETECTIVE: SEASON TWO, EPISODE FOUR (HBO CANADA)

Three of the four main characters — cops in various stages of burnt-out played by Rachel McAdams, Colin Farrell and Taylor Kitsch — get into a shootout with some very determined drug dealers.

For ten minutes, the action escalates: A sniper picks off cops, cops return fire, a meth lab explodes, a bus crashes, innocent bystanders die. A brilliant tracking shot follows McAdams as she runs through a factory, gun brandished. (The director is Jeremy Podeswa, the Canadian filmmaker.)

Not only is it taut, it's plausible, and you always know where you are in time and space — which, in our era of hyper-quick cuts, is rare. Plus, character is revealed: who's reckless, who cowers.

Then, when the last bad guy goes down — this is the part I love best — the show pauses to let our heroes double over, panting and swearing, and absorb the carnage. For a full minute. I'd never seen that done quite so well, where a show stands still and lets you soak something in.

I realize that everyone has decided to hate season two. I see what people complain about — it's a slow unfolding, a bit too in love with its moodiness. But I don't find it that different from season

one.

I recall wading through a lot of Matthew McConaughey gobbledegook (enjoyable, but often nonsensical) before the payoffs came in. And the payoff in this episode is a jaw-dropper. Because it's the series midpoint, it made me re-evaluate everything that came before. It earned my respect.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEFS

Selena Gomez selling mansion

Apparently Calabasas — the arid suburb 45 minutes north of Los Angeles — is falling out of favour with the pop stars of the world.

The area first rose to prominence when Britney Spears and Jessica Simpson moved into mega-mansions there, but you probably recognize it from Justin Bieber's egg-throwing days.



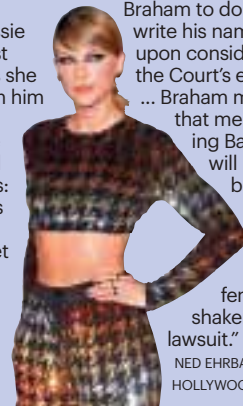
Bieber doesn't live there anymore, and pretty soon neither will ex-girlfriend Selena Gomez, who is ditching her 7,700-square-foot, six-bedroom, seven-bath mansion, according to E! News. And it can be yours if you're ready to pony up \$4.5 million. I wonder if the prices have gone up because of all the celebrities moving out. NED EHRBAR/METRO HOLLYWOOD

A most Swift court ruling

I love people who know how to have a little fun with their day jobs, and the judge who had to humour Jessie Braham's lawsuit against Taylor Swift over claims she ripped Shake it Off from him is a shining example. She dismissed the case in style, quoting several Swift hits in the process: "At present, the Court is not saying that Braham can never, ever, ever get his case back in court. But, for now, we have got problems, and the Court is not sure Braham can solve them. As currently drafted,

the Complaint has a blank space — one that requires

Braham to do more than write his name. And, upon consideration of the Court's explanation ... Braham may discover that mere pleading Band-Aids will not fix the bullet holes in his case. At least for the moment, Defendants have shaken off this lawsuit." NED EHRBAR/METRO HOLLYWOOD



‘Keeping up’ is a senseless concern

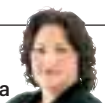


The Kardashians may look like they have it all, but we don't know what goes on when the cameras aren't rolling. ARTUR HARUTYUNYAN/AP PHOTO, PAN PHOTO

PERSONAL FINANCE

Peer pressure can push some to spend cash irresponsibly

Gail Vaz-Oxlade
For Metro Canada



I am astounded at the progress we have not made when it comes to living our lives authentically.

Oh we talk about it. And read about it. And talk about it some more. But the reality is that we're worse than ever.

We've gone from keeping up with the Joneses (the guys next door) to Keeping Up With The Kardashians, which is a much more expensive proposition.

And we've allowed house porn to juice us into buying more than we can afford so we can have what "they" have.

We like to think of peer pressure as something our teenagers experience and must learn to manage. The phenomenon is called "imaginary audience." Those poor sods are convinced the world is judging them and they spend inordinate amounts of time primping and preening.

They so need to fit in, so

they'll bend over backwards to the pressure, perceived or real, that they feel.

I'm sure you know more than a few people — no, I'm not talking about teenagers — who are obsessed with impressing others to the point that they'll blow the equivalent of a week's income on a pair of shoes, which turn out to be damn uncomfortable to wear.

Or they're so determined to be "that guy," they'll offer to pay for everyone's meal only to then have to carry a balance or hit up Mommy and Daddy for rent money.

Or they line up for hours (or days) to buy that new piece of technology because buying it three weeks later when you can just waltz into the store is just so not cool.

Social media seems to add to the problem. If everyone you know is Facebook Happy you might wonder why your life seems so ho-hum. Maybe you need to take in a concert or three, hop on down to The Big Apple for a weekend or renovate so you have something to brag about.

Never mind that posting fabulous pictures to show that you, too, have a great

life means you'll forgo saving anything for the future. Hey, the future is a long way off, right?

"Keeping up" has moved from keeping stride with those people with whom we directly interact to keeping abreast of a world of people we hardly ever see or may not even know personally. If you think other

people are doing way better than you are, and wonder why you can't have what they seem to enjoy, know that Facebook Happy is an illusion.

While you may be able to see the results of conspicuous consumption, what you can't see is the debt-rot in the background of those glamorous selfies.

Learning how to balance your money and your life is an important part of growing up. Recognizing that there are things more important than "how things look" is a major step in shifting from the superficial to the substantial.

How you choose to use your money is about choice and about understanding that there's more to your life than meets the eye.

For more money advice, visit Gail's website at gailvazoxlade.com

MARKETING

Tech entrepreneur shares secrets to startup success

Creating a successful startup requires a lot: a great idea and an innovative product, of course, but also an insane work ethic, a willingness to take risks and the ability to think on your feet. But all those assets won't account for much if you don't have traction.

"Traction is evidence of customer demand, and if you don't have it your company dies," says Gabriel Weinberg, entrepreneur and co-author of Traction: How Any Startup Can Achieve Explosive Customer Growth. "You need to have customers who are deeply engaged with the product."

Weinberg has launched two technology companies: Opobox, which he sold for \$10 million in 2006, and current project DuckDuckGo, a non-tracking search engine that has increased traffic 600 percent since the NSA revelations broke. And he says most self-starters — himself included — don't think about traction early enough, if at all.

"Startups should be spending half their time getting traction," he says. "If you spend less than that, it's really not top of mind and you won't come up with creative solutions — and you need

creative marketing solutions for a start-up to work."

So how do you grow your audience, get people to clamour for your product and launch a successful business? We asked Weinberg for tips.

Don't wait till you have a perfect product to share it

"What generally happens is people have a good idea for a startup, and they kind of sit in their bunker, producing (the perfect) product," says Weinberg. You aren't going to know what needs fixing until you get fresh eyes on it. "And the only way to do that is to start trying to get traction right from the beginning."

Create a "traction" goal

Weinberg says startups need to determine some kind of "traction goal," which is usually one of three things: how much traction you need to raise money from investors, how much traction you

need to be profitable or make a certain amount of money, or how much traction you need to prove to yourself and your team that this is something you want to work on for a while. "And that should be a hard number you can identify," he adds.

Test, test, test

So how exactly does one get to this number? Every business is different, so while search-engine optimization (making your website show up for key search results) might work for one startup, another company might do better focusing on viral marketing (getting your customers to refer others) or going to trade shows or speaking engagements. "Most people have no idea how to reach the market. So you have to test different channels to find the bullseye," says Weinberg. "Figure out the three best, and run a month-long test to see which get you the best results."

RAQUEL LANERI/METRO NEW YORK



Gabriel Weinberg.

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Stamps put down Lions

CFL PLAYOFFS

Defending champs face Eskimos in division final

The Calgary Stampeders stayed in the hunt for a second straight Grey Cup with a 35-9 win over the B.C. Lions in Sunday's division semifinal.

The defending champions travel north to Edmonton to meet the Eskimos next Sunday in the CFL's West Division final. The winner books a berth in this year's Grey Cup in Winnipeg.

The provincial rivals tied for the best record in the CFL this season at 14-4, but Edmonton won their season series and thus the playoff bye.

"I think it's going to be a whale of ball game," Stampeders head coach John Hufnagel said.

The Stampeders will play their seventh division final in eight seasons since Hufnagel became coach and general manager in 2008. He will step aside from coaching next season to make way for offensive co-ordinator Dave Dickenson and continue as GM.

So Sunday's playoff game was Hufnagel's last at McMahon Stadium on the Stampeders sidelines.

"We won and that's a good thing," Hufnagel said. "I'm very pleased we won the foot-

WEST SEMIFINAL



ball game, that we can move on and try to earn the right to get to the Grey Cup."

Stampeders quarterback Bo Levi Mitchell improved to a career 3-0 in CFL playoff starts. The West's nominee for the league's Most Outstanding Player award completed 15 of 24 pass attempts for 199 yards and threw a pair of touchdown passes to Eric Rogers.

Running back Jerome Messam ran for a touchdown and posted a combined 147 yards rushing and receiving. Defensive end Keon Raymond ran an interception in for a major in the opening

“It was incredible how field position, we could never get out of a hole.”

Lions head coach Jeff Tedford

quarter.

Travis Lulay relieved starting quarterback Jonathon Jennings just before halftime when Jennings suffered broken collarbone. It was Lulay's first game action since spraining his knee Sept. 3 in Montreal. He was 10-for-19 in passing for 119 yards.

"I think the key was field position," Lions head coach Jeff Tedford said. "I don't know how many times we started inside our 15-yard line." THE CANADIAN PRESS



The Stampeders' Jerome Messam leaps over Lions defender Bo Lokombo in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

IN BRIEF

Gushue makes up for fall by winning the National

Two weeks after his frightening fall, Brad Gushue has rebounded to win the National.

The skip from St. John's, N.L., beat Winnipeg's Reid Carruthers 7-2 in Sunday's final of the Grand Slam of Curling event.

Gushue was back on the ice this week for this first time since suffering a head injury from a fall last month. The 2006 Olympic champion needed seven stitches to close a gash above his right eye after he fell Oct. 31 at The Masters in Truro, N.S.

In the women's final, Ottawa's Rachel Homan edged Tracy Fleury of Sudbury, Ont., 5-4 to win her second straight Grand Slam of Curling tournament after claiming the Masters two weeks ago. THE CANADIAN PRESS

Pats remain undefeated

Stephen Gostkowski's 54-yard field goal with one second remaining Sunday kept the New England Patriots unbeaten with a 27-26 victory over the New York Giants in East Rutherford, N.J.

After Josh Brown made his fourth field goal of the game with 1:47 remaining, Tom Brady drove the Patriots (9-0) 44 yards, converting a fourth-and-10 on the series.

The Carolina Panthers also remained undefeated at 9-0 with a 27-10 victory over the Tennessee Titans.

The Cincinnati Bengals, 8-0, put their undefeated mark on the line Monday night against the Houston Texans. THE ASSOCIATED PRESS

Djokovic continues his roll at ATP finals

Novak Djokovic stretched his winning streak to 15 straight at the ATP finals by beating Kei Nishikori 6-1, 6-1 Sunday.

The top-ranked Serb has not lost at the season-ending tournament at the O2 Arena since 2011. He has won three straight titles since then.

Djokovic lost only nine points on his serve and never faced a break point. With Nishikori serving, Djokovic won 30 of the 53 points played.

THE ASSOCIATED PRESS

Ticats sink Argos with last-second field goal



The Argonauts' Brandon Whitaker gets tackled by the Tiger-Cats' Craig Butler on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Justin Medlock gave the Hamilton Tiger-Cats another shot at the Ottawa Redblacks.

Medlock's 46-yard field goal on the final play earned Hamilton an exciting 25-22 East Division semifinal win over the Toronto Argonauts before a sun-drenched Tim Hortons Field sellout of 24,029. The Tiger-Cats head to Ottawa next weekend in the conference final after suffering two late-season losses to the Redblacks.

Medlock was more than comfortable having Hamilton's season resting on his shoulders.

"(On Sunday night) I was

EAST SEMIFINAL



thinking I wanted the game to come down to me," he said. "As soon as we got past centre field I was like, 'Let's kick.'"

"I knew (the kick was good) as soon as I hit it."

Medlock nearly re-wrote the CFL record book in the first half. His 55-yard field goal to open the scoring was one yard short of the league playoff record.

Medlock's heroics came after Toronto's Swayze Waters hit a 42-yard field goal with 49 seconds left to make it 22-22.

Starting his first CFL playoff game, Hamilton quarterback Jeremiah Masoli finished 12 of 18 passing for 141 yards with a TD and interception.

THE CANADIAN PRESS

RECIPE Mushroom Cheddar Chowder



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

Let's get the week started with something easy. This creamy bowl of earthy goodness will be on the table in under half an hour.

Ready in
Prep time: 20 minutes
Serves 4

- Ingredients**
- 1/4 cup unsalted butter
 - 1 large shallot, diced
 - 3 cloves garlic, diced
 - 1 carrot, diced
 - 1 lb mushrooms, sliced (we like to use a mix of cremini and portabello)
 - 2 cups vegetable stock
 - 3 tablespoons spelt flour
 - 1 cup milk
 - 1 teaspoon salt
 - Pinch of pepper
 - 1/2 cup grated cheddar cheese for garnish
 - 2 tablespoons sour

cream or Greek yogurt

Directions

1. In a large pot over medium heat, melt half the butter. Add shallot, garlic and carrot and sauté until crisp-tender. Pour in half the stock and then add the mushrooms, reduce heat and allow to simmer for 15 minutes.
2. In a small saucepan, melt the rest of the butter. Gradually add flour, whisking constantly until smooth. Add milk and bring mixture to a boil, then immediately reduce heat and continue whisking until mixture thickens a bit, about 2 to 3 minutes. Add to soup.
3. Stir in the remaining stock. Season with salt and pepper. Remove pot from heat and, using an immersion blender, blend soup until desired consistency.
4. Ladle into bowls and serve with a helping of grated cheddar, dollop of sour cream or Greek yogurt.

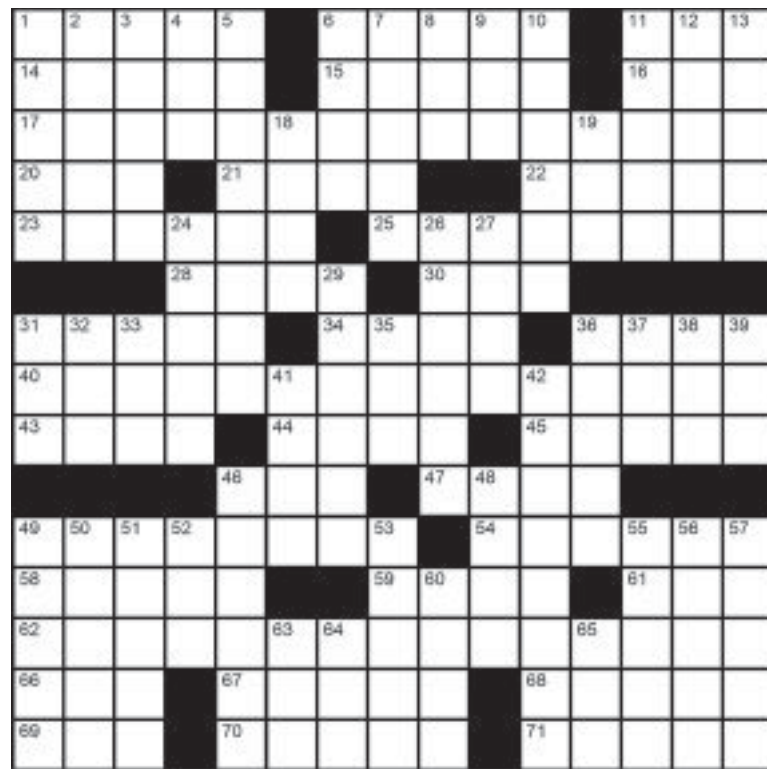
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BY KELLY ANN BUCHANAN

ACROSS

1. Rise up
6. Kind of lizard
11. O Meridian letters
14. Mr. Hirsch of movies
15. Highest mountain in Canada
16. Philosopher, -tzu
17. Canadian TV... Anna Olson or Ricardo Larrivee, for example: 3 wds.
20. Cousin of classic TV
21. Type of mineral
22. Oversight
23. Joshes
25. Emphasizes
28. Deep _ bends
30. Popular
31. Army doc
34. Actress Ms. Farmiga
36. Lively circle dance
40. Good Cheer in Acadia... Social club (the oldest in North America) which Samuel de Champlain established in 1606 in the settlement of Port-Royal: 4 mots
43. Million- _ smile
44. Napoleon's exile isle
45. Tests
46. Dodgy
47. Melody
49. Method of keeping the quiet in the library
54. Endeavoured
58. Voyageur's vessel



59. Carbamide
61. ' _ ' for Laughter
62. Canadian favourites in a bag of Ruffles: 3 wds.
66. Flower necklace
67. Meal holder

68. Flood embankment
69. Crafty creation
70. Standoffish
71. Antique-style water carriers

DOWN

1. Install anew

2. Theatrically play it up
3. Flora and fauna of a particular region
4. Yore
5. Magistrate's mercifulness
6. _ sax
7. Fashion design-

8. Back then
9. Spoil
10. Short sock
11. Lumps of food
12. En _ (All together)
13. Carries
18. Celtic lan-

- guage
19. Owns
24. Christmas tree's base covering
26. Passage from the mouth
27. Horse coat
29. Crabtree & _ (Upscale soaps retailer)
31. Maintain the lawn
32. Time division
33. Joni Mitchell's "Big Yellow Taxi" insecticide
35. Wane in the water
36. Spells caster
37. Granny, in Germany
38. Circling stat.
39. Farm animal
41. Grocery store dept.
42. Squid appendage
46. Mount Everest mountaineer
48. Put-upon
49. La _ (Milan opera house)
50. More healthy
51. Without illumination
52. Lay the turf
53. Zestfulness
55. Shade of green
56. Venomous snake
57. S s sSsS
60. Type of snorkelling site
63. Building wing
64. Brazilian city, with Paulo
65. Use an axe for shaping

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The more others agree with each other the more you will disagree. Are you being perverse for the fun of it or have you subconsciously noticed something that suggests they have got it wrong? Trust your instincts.

Taurus April 21 - May 21
There may seem to be no reason for what happens but there is a purpose. Your task is to discover what it is and make the changes work for you.

Gemini May 22 - June 21
Just because something has always been done a certain way does not mean that it must be done that way. Just because something is trendy or fashionable does not mean it is right. Go your own way.

Cancer June 22 - July 23
If you want a job done well today do it yourself. Don't listen to what the so-called experts tell you because their advice is likely to be misleading. You have enough knowledge and enough know-how to do it yourself.

Leo July 24 - Aug. 23
You will stir up some trouble today by saying things that others just cannot agree with, but that's okay. You are right to call it as you see it but watch your back.

Virgo Aug. 24 - Sept. 23
Anyone who thinks you will back down from a challenging situation does not know you well. You are prepared to battle it out. While you may not win the fight you will win respect.

Libra Sept. 24 - Oct. 23
Something will happen that disrupts your routine but there is no point getting upset. Go with the flow and believe that fate knows what is right. Everything will work out.

Scorpio Oct. 24 - Nov. 22
Sometimes the best way to help others is to leave well alone. Chances are you won't be thinking straight over the next few days, so keep your distance as much as you can.

Sagittarius Nov. 23 - Dec. 21
You believe that all things are possible, that you can overcome any challenge, and you may be right. However, Saturn in your sign warns there are powers at work that even you cannot control, so be careful.

Capricorn Dec. 22 - Jan. 20
You won't be able to rely on others for advice or assistance over the next two or three days, so you will just have to delve into your reserves of courage and handle whatever life throws at you in your own way.

Aquarius Jan. 21 - Feb. 19
No matter how impatient you may be to get started on a new project you are advised to wait. Neptune's influence could make you rather careless over the next few days.

Pisces Feb. 20 - March 20
Someone will go out of their way to provoke you today and you will find it hard not to react. Don't fall into their trap. They are hoping for an excuse to punish you.

CONCEPTIS SUDOKU by Dave Green

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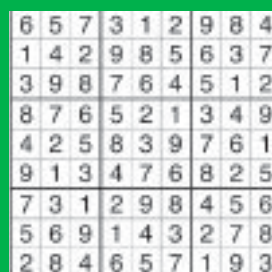
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